



SAN MATEO-FOSTER CITY SCHOOL DISTRICT

During this holiday period and all year round, please support the SMFCSD Board Student Wellness Policy when planning your contribution for classroom parties.

- ❖ Consider a nonfood celebratory activity for a classroom or school holiday party such as -
 - **Skits**
 - **Crafting**
 - **Dance party**
 - **Scavenger hunt**
 - **Group games.** Some ideas include...
 - *Gratitude Tag:* One-by-one, players “tag” each other with a sentence of appreciation for the person tagged. Each person can be tagged only once.
 - *Wave Stretching:* in a large circle (or a few circles due to space limitations) students take turns demonstrating a simple stretch. For each stretch, students in the circle imitate it, one-by-one, with the stretch going around the circle consecutively, creating a wave of motion.
 - *Favorite Hobby Challenge:* In a group circle, a participant demonstrates a simple motion from their favorite sport or hobby. The person to his or her right then demonstrates the motion presented by the first person and also a motion representing their favorite sport or hobby. The next person to their right demonstrates the first two motions and adds their own. Consecutively, students to the right of the person who went first demonstrate all the motions from participants before them and add their own. If someone forgets a motion, the group can demonstrate the forgotten motion as a whole group and play proceeds.
 - *Favorite Hobby Sharing:* For young students or those with developmental challenges, the Favorite Hobby Challenge game can be modified. Each student presents a motion from their favorite sport or hobby. The whole group imitates the motion. Repeat for each student.
 - *Balloon Bop:* The group tries to keep one (or more) balloons in the air as long as possible.
- ❖ Remember, food items brought to campus for parties should be store-bought, prepackaged, and pre-wrapped with a label listing ingredients so students with food allergies are protected from accidental exposure
- ❖ Check-out this district link for healthy classroom party ideas:
http://www.smfcSD.net/assets/files/documents/SMFCSD_HealthyClassroomPartyIdeas.pdf
- ❖ Check out The Alliance for a Healthier Generations healthy classroom party suggestions:
https://www.healthiergeneration.org/asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf

Thank you and warm, well wishes for a happy holiday season!